



Fitness Class Schedule

JULY 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:00 AM	5:00 AM #3 Power – Vanessa			5:00 AM #3 Power – Vanessa				
5:15 AM	5:15 AM FFF– Aimee		5:15 AM FFF– Aimee		5:15 AM FFF– Aimee			
5:30 AM		5:30 AM #1 – Yoga – Tiffani		5:30 AM #1–Pilates– Tiffani				
7:30 AM			7:30 AM #1 Gentle Yoga–Julie	7:30 AM #2 Power – Debbie				
8:00 AM		8:00 AM #1 – Stretch & Tone – Gailyn	8:00 AM #3 Step Aerobics–Tiffani	8:00 AM #1 – Stretch & Tone – Gailyn		8:00 AM #3 Power – Debbie		
8:30 AM	8:30 AM #2 Aerobic/Strength – Megan		8:30 AM #2 Aerobic/Strength – Megan		8:30 AM #2 Aerobic/Strength – Megan			
9:00 AM		9:00 AM Circuit Class–Wellness Center		9:00 AM Circuit Class–Wellness Center	8:45 AM #3 Biking – Mary			
9:30 AM	9:30 AM #2 Stretch & Tone – Gailyn		9:30 AM #2 Stretch & Tone – Gailyn		9:30 AM #2 Stretch & Tone – Gailyn			
10:15 AM	10:15 AM Active Chair–Dedra		10:15 AM Active Chair– Dedra		10:15 AM Active Chair–Dedra			
11:15 AM	11:15 AM Chair Only– Dedra		11:15 AM Chair Only– Dedra					
					CLASS LOCATIONS			
4:30 PM		4:30 PM #3–Pilates– Tiffani	4:30 PM #1–Yoga– Gailyn	4:30 PM– #3–Pilates– Tiffani				
	4:30 PM #2 Back to Basics – Dedra		4:30 PM #2 Back to Basics – Dedra				#1 Original Fitness Studio	Kennen Center
	4:30 PM #1 Yoga– Julie							
5:30 PM		5:30 PM #3 Step Up & Dance – Becky		5:30 PM #3 – TBT – Samantha	#2 Studio Closest to Office	Wellness Center		
				5:30 PM #2 Step Up & Dance – Becky				
	5:30PM #2–Pound – Samantha		5:30 PM #2–Weight Wednesday–Samantha	1st Thursday of the Month 5:30 PM Fundamental Fitness – Jackson	#3 Studio Closest to Windows	Y Gym		